

# Stretch and Relax; Maxine Tobias, Mary Stewart; 160 pages; 9780895864161; 1985; Body Press, 1985

Only a warm, relaxed muscle can be stretched effectively. That's why many experts believe that active-isolated stretching, or AIS, is one of the most promising ways to get the benefits of stretching while minimizing its risks. In AIS, you hold each stretch for just two to three seconds, and then you return to the starting position and relax. After resting for a few seconds, you ease into the stretch again, progressively warming and elongating the muscle in more of a gentle pumping action. The definitive guide to AIS is The Whartons' Stretch Book by Jim and Phil Wharton. It will show you step by step how to reap the rewards of this remarkable stretching technique in just minutes a day. Here's how to stretch two common problem areas--your lower back and shoulders--using AIS. 8 Relaxing Total Body Stretches. Fitness. Workouts. Walking. Cardio. Strength. Running. You don't have to spend a lot of time on stretching exercises to get the benefits. This total body flexibility workout proves it with stretches so simple, you can do them anytime or anywhere--after a workout, at work, or when you're at home watching TV. These exercises promote flexibility and relaxation. They target all the major muscles of the body, including those that are chronically tight like the chest, shoulders, back, arms, hips, and legs. Try to stretch every day, if you can, for better results. Try these stretching exercises to get rid of any extra tension you may be carrying Relax Into Stretching Relax Into Stretching Stretching For Dummies. 290 Pages 2007 7.96 MB 9,761 Downloads. Exercise Balls For Dummies (Wiley) and Lose That Baby Fat! Stretching For Dummies is my third Foam Roller Workbook, 2nd Edition: A Step-by-Step Guide to Stretching, Strengthening and Rehabilitative Techniques. 123 Pages 2016 2.1 MB 8,261 Downloads New! or the slopes. Where can you find him/her? Next. Get Top Trending Free Books in Your Inbox. Subscribe. Company.